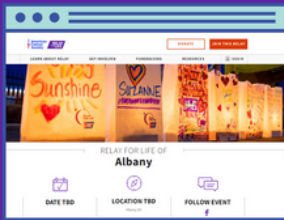


RELAY FOR LIFE

**CAPITAL REGION
FALL 2024 NEWSLETTER**



**2025 Sites Are
Up Now!**



NEW SITES ARE UP! TIMES TO SIGN UP!

As we turn the calendar to 2025 soon, our event sites are turning with us. Sign Up and Start fundraising for you 2025 events through the links below:

[Albany](#)

[Schenectady](#)

FUNDRAISING IN OCTOBER:

While Relay season is done for 2024, join us for some fundraisers this fall, some of which can help your kickstart your 2025 Relay fundraising! Events and event dates are shown to the right:

2024 Fall Events	
10/5 Bark For Life	10/20 Making Strides of Albany
11/21 The Great American Smokeout	10/28 Making Strides of the Adirondacks



**Let's quit
smoking together.**

Sign up to make a quit plan on Nov. 21.

THE 2024 GREAT AMERICAN SMOKE OUT

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life. Click the image to the left for more info on how ACS can help you on your quitting journey!

VOICES OF BLACK WOMEN

The VOICES of Black Women is a study led by the American Cancer Society. The focus of this study is to better understand cancer and other health conditions among Black women. Participation in VOICES involves completing an online health and life history survey at enrollment and updating information twice a year for at least 30 years. Click the image to the right for more info!

